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March 08

Sun City Anthem Computer Club

Bits, PCs & Macs — A Newsletter

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Chuck Davis

President's Message

By Terri Case
President, SCACC

For those who have used Microsoft Office for years, you will notice that the programs in Office 2007 for Windows and Office 2008 for Mac have undergone a major redesign. Of the two, the Windows version seems to have the steepest learning curve.

However, fear not, the Computer Club is now offering classes that use Office 2007. Currently these include Word Processing, Beginning Spreadsheets, and Advanced Spreadsheet Topics. If you are a Windows user that is moving up to Office 2007, you might find it helpful to check out one of the above classes, so that you can check out what's new and as well as see where Microsoft hid a lot of your favorite features.

Our Mac Users Group has had their request from Apple granted to become an official Mac User Group. Members of the Mac Users Group can now also join our Anthem MUG for free. This qualifies you for various offers and discounts from Apple. The Mac Users Group meets the second Saturday of the month from 10:00 a.m. – noon.

At the April 12th meeting we will be demonstrating many of the features of a .Mac account as well as creating a movie with iMovie.

Disclaimer

The contents of this newsletter is intended for use by members of the **Sun City Anthem Computer Club** and their immediate families. The opinions expressed in this newsletter are those of the authors and may not be construed to represent an official position of the Computer Club, nor of the Sun City Anthem Community Association, Inc.

Where prices and sources of computer related products are shown within this newsletter, they represent the author's best knowledge of current retail prices and availability. The information is subject to change, and as such, should be used for comparison only.

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Editor's message

Welcome to this issue of the Sun City Anthem Computer Club's Newsletter. In order for you to be reading this, you have successfully installed Adobe® Acrobat® Reader™ 5.0 or earlier, the Adobe Reader 7.0, or the Foxit Reader on your computer. Note the subtle name change between 5.0 and 7.0. Be careful, Adobe Reader 7.0 will not run on some older versions of Windows. Check before you download.

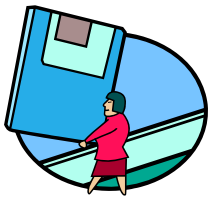
Articles are invited

All computer club members may submit original articles relating to PCs and Macs for consideration for publication.

Those of you with a specific area of expertise, are urged to prepare a monthly column that will further the Club's educational goals. Submissions will be reviewed, and if acceptable may be edited. This editor reserves the right to withhold any material deemed inappropriate for the membership.

All articles must be submitted in a Windows based electronic format on 3.5" floppy disk, 100 or 250 MB ZIP disks, or via e-mail. Acceptable file types are:

1. MS Word (*.doc or *.docx)
2. MS Publisher (*.pub)
3. MS Note Pad (*.txt)
4. MS Word Pad (*.rtf)
5. OpenOffice.org (*.odt)
6. E-mail: directly entered into the e-mail message or as attachments.



Deadline

The **deadline** for submitting material, or revisions to previously submitted work, is the 25th of each month. All magnetic media submissions are to be delivered to:

Charles W. Davis
SCACC Newsletter Editor
1605 Preston Park Drive
Henderson, NV 89052

Phone: 614-3107

SCACC Revenue & Expense Year to: 2/29/08

Inflows	
Dues Collected	$4,575
Help Calls	3,140
Rebates	0
Total Revenue	$7,715
Expenses	
Computers	$5,482
Other Expenses	3,231
Total Expenses	$8,713
Excess of revenue over expenses	-998
12/31/07 Cash Balance	$22,159
Cash reserves (CD)	-11,923
Operating cash	$10,236

By Jim Case

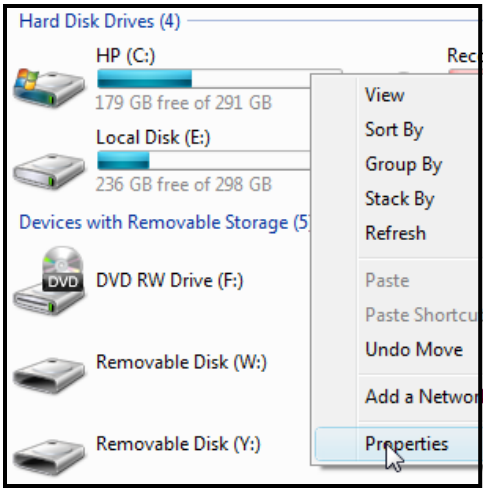
Treasurer, SCACC

Questions and Answers — A Monthly Feature

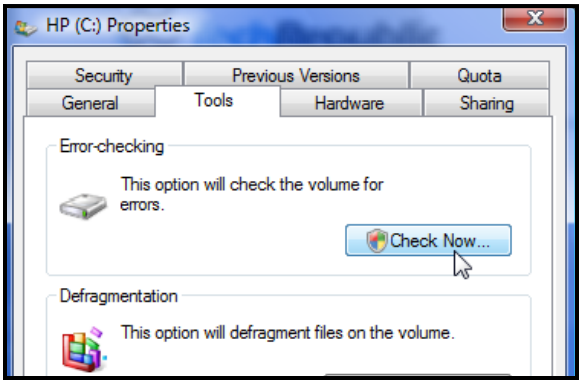
By Chuck Davis
Editor, Webmaster,
Sun City Anthem
Computer Club

Question: I have a feeling from the messages that I have received, that I should check my hard drive for errors. I don't know how to do that. Can you show how in your next Q&A column?

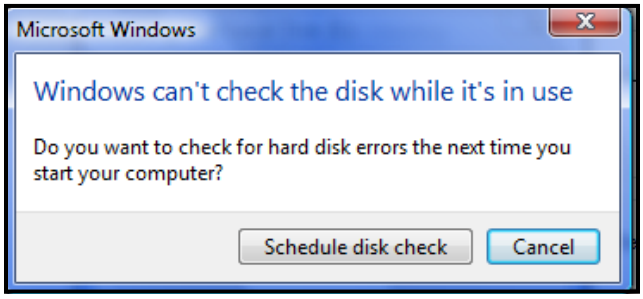
Answer: Double-click on the Computer Icon, either on your **Desktop** or the **Start Menu** then chose



Properties. In the dialog box that opens click on the



Tools tab, and then click on the **Check Now** button. The Check disk utility can't check while the disk is in use. Choose **Schedule disk check.**


Microsoft Windows
Windows can't check the disk while it's in use
Do you want to check for hard disk errors the next time you start your computer?
Schedule disk check
Cancel

When you restart the computer the utility will check the disk as requested.

If the utility states that there are permanent errors, contact one of the Club's House Call Technicians: http://www.myscacc.org/house.htm

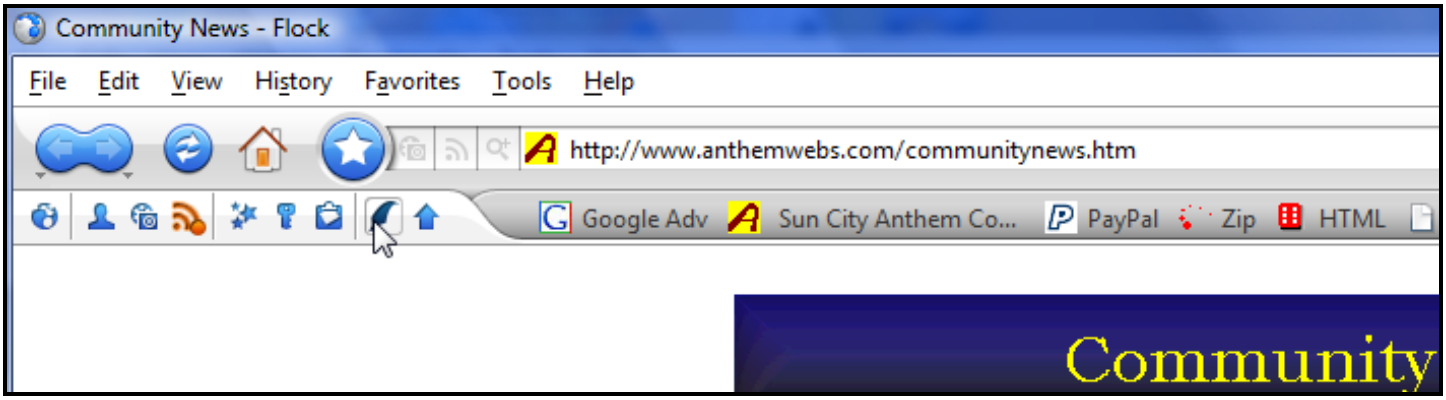
Question: My new (1 yr old last month) Windows Vista computer is having some problems with installing Adobe Reader 8.1. I was able to fix a similar problem last month on my friends Windows XP computer by downloading and installing a new version of the Windows Installer. What can I do to address this issue?

Answer: Windows Installer provides a consistent method of programs to be installed and uninstalled from your computer. Occasionally, the registry may get corrupted and things just don't work. In recent months the problem was solved on Windows XP by downloading and installing Windows Installer V3.1. However, Windows Vista uses a different version. After a bit of research on the Microsoft web site, I finally came across this page that seems to provide the necessary starting point to resolve your problem. Note that it first asks you to determine if there is a solution available. That is followed by other steps to resolve the issue. http://tinyurl.com/3bare6 Once you have determined the proposed solution, visit this page to work through the steps: http://tinyurl.com/2wnzhu

Question: I have several hundred messages in my Office Outlook 2007 inbox. There is an indication that there is one unread message, but I have scanned the inbox several times. Is there a way to turn this off so that a new message will pro-

(Continued on page 4)

Questions and Answers — A Monthly Feature, cont.



(Continued from page 3)

vide the unread indicator?

Answer: Right click on the **Inbox** folder and choose **Mark all as Read.**

Question: Last month's newsletter mentioned the new Flock browser. Should I download and install it?

Answer: Probably not. However, if you are curious about its abilities and features, give it a whirl. It was easy to install and set up. Since I wasn't installing it because of hijacked or damaged browsers, I had the installation import all facilities from my Firefox Browser. The developers use the "Favorites" moniker instead of "Bookmarks" in Firefox. The image above is of the "vanilla" version. I do not install add ons. You will notice the Google Adv link on the toolbar. Clicking on this gives me all of the advantages of the Google toolbar without the problems associated with it.

Question: On my new computer with Windows Vista Ultimate, I am using Windows Live Mail as a newsreader and Office Outlook for e-mail. I would like to get rid of Windows Mail, since I don't use it and it's just taking up disk space. It doesn't show up in the Uninstall programs list in the Control Panel. How do I recover that disk space?

Answer: You don't. It's part of the operating system, just like Outlook Express was a part of Windows XP. However, it seems to me that a new computer with Windows Vista Ultimate would have sufficient hard drive space available. First take a look to see if you don't have another disk (partition) that isn't being used. I find this situation quite often when performing my duties as a House Call Technician for the Computer Club.

Question: I'm using Office Outlook 2007. I receive hundreds of junk e-mail messages. I have tried to place them in the blocked senders list. However, I'm not making much headway. Can I enable some sort of bulk load to the rules?

Answer: It would really do no more than bog your system down to have Outlook scan each for blocking. Most junk mail has randomly created e-mail addresses in the "from" field. You can't possibly put enough of those in your blocked senders list to make a difference. Consider the number of combinations what you would have in an e-mail address of 10 positions. My math is a bit rusty, but you will get the idea. In the first position, you can have 36 different characters (alpha and dig-

(Continued on page 5)

Questions and Answers — A Monthly Feature, cont.

(Continued from page 4)

its), so the rough calculation is:

35x34x33x32x31x30x29x28x27x26=32251957542604800 or:

32,251,957,542,604,800

The amount of memory to store that many, you don't have…

I hope the above exercise has convinced you that it is hopeless. Save the blocked senders list to those legitimate sources that might use consistent e-mail address, such as old friends that insist on sending you their jokes, etc.

You might want to bite the bullet and ask for a different e-mail address, and don't make it simply your first and last names. Try something like firstname, house number, last name, *i.e.*, Chuck1605Davis@cox.net notify all of your correspondents and relax.

Note: Cox Communications allows up to five different e-mail addresses. Customers my read how to add e-mail addresses on this page: http://tinyurl.com/9f35x

Question: I use MS Office 2003 on my Vista Home Premium system. Windows Update wants to install Service Pack 1 for Office 2007. Won't that mess up my Office applications?

Answer: I contacted the one who asked this question, and found that he had installed the Microsoft Office Compatibility Pack for Word, Excel and PowerPoint 2007 file formats. The presence of these compatibility packs is the reason Windows Update is offering Service Pack 1.

Question: Last month you provided keyboard short cuts to open programs that were in the Quick Launch area of the task bar. Are there other keyboard shortcuts in Vista that are new?

Answer: Try these on for size:

1. **Win + G** — Cycles the Gadgets selections
2. **Win + Spacebar** — Brings the Gadgets to the front
3. **Win + X** — Cycles through the Mobility Center
4. **Win + Tab** — Activates Flip 3-D
5. **Win + U** — Activates the Ease of Use Center
6. **Win + T —** Cycles through the Taskbar programs
7. **Win + D —** Show Desktop
8. **Win + M —** Minimize windows
9. **Win + L** — Lock your computer
10. **Win +F —** Search for files (F=Find)

However my favorites are:

1. **Ctrl + A** — Select All
2. **Ctrl + C** — Copy selection to the clipboard.
3. **Ctrl + V** — Paste clipboard contents to the insertion pointer

Question: I have just installed my new computer with Windows Vista Home Premium. How do I move my email stuff from the older computer?

Answer: I'm sure that you realize that Windows Mail has superseded Outlook Express. The name change is important as it removes the decade long confusion between two e-mail programs by Microsoft; Outlook Express and Office Outlook.

Open Windows Help & Support. Search for "Import Mail" (without the quotes). On my system, the first and third responses are applicable.

Question: The last time that I had you perform a miracle on my Windows XP computer, you stated that the main improve-

(Continued on page 6)

Questions and Answers — A Monthly Feature, cont.

(Continued from page 5)

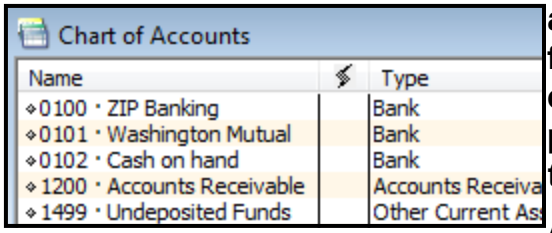
ment was brought about through defragmenting the hard drive. How do I defragment the hard drive on my new Computer with Windows Vista?

Answer: The biggest difference in the defragmenting tool in Windows XP and Windows Vista is that Windows Vista is initially set up to defrag all of the partitions of your hard disks automatically. This is done on a weekly basis by default.

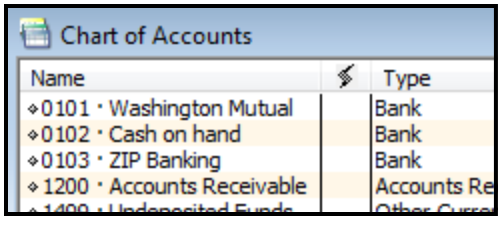
I have read that the Vista designers, felt that the new search feature and its continual indexing of your hard disks required automating the process. Since the indexing and defragmenting are both accomplished when the system is relatively idle, all is kept in order for faster results. You can manually defragment, but on Windows Vista, you will not receive any indication of progress or any display of how fragmented your system partitions may be. However, if you must, there are instructions available here: http://tinyurl.com/2on3nc

Question: I am using QuickBooks Pro 2008 on a Windows Vista Home Premium. Until last week, the default bank that appeared in the dialog boxes when making a deposit or opening the bank account register was my checking account. The checking account has by far the most activity. How can I get the checking account to appear as the default?

Answer: You have apparently added a new bank account, more than likely a savings account. The sequence is alpha numeric. No matter, the default account is the one that is at the top of the **Chart of Accounts**.



You will need to **Edit** the bank account that is now at the top to allow it to appear below your checking account. In the example above, edit and change the **Account number** to read 0103. Your **Chart of Accounts** will now appear as follows, and the Washington Mutual account will once again be the default:



If you don't use account numbers, this problem usually occurs when you have the checking account at Washington Mutual and the savings at Citibank. Citibank would appear before Washington Mutual. In this instance, I would suggest that the account names be changed to **Checking WAMU** and **Savings Citibank** to solve your problem.

Question: I have heard of a lot of Firefox add ons that increase function and a large number of themes that change the appearance of the Firefox browser. How can one review these for possible implementation?

Answer: I personally don't use many add-ons. There is a reason. When the vanilla version is updated, I don't have to spend time trying to find which of the add ons aren't compatible. However, many may be very useful. The different themes or "skins" may also enhance your enjoyment of the internet.

Start by opening **Firefox**. Then choose **Add-ons** from the **Tools** drop down menu. You will be taken to dialog box to choose add-on **Extensions** or **Themes**. There

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Questions and Answers — A Monthly Feature, cont.

(Continued from page 6)

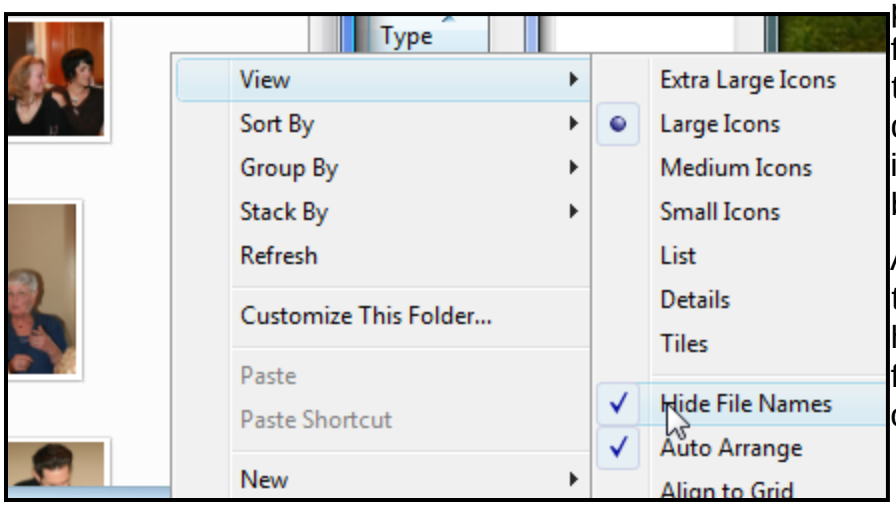
is a link on the lower right titled **Get Extensions** or **Get Themes.** These links will take you to the appropriate site.

Question: I use Microsoft Office Outlook 2003 for my e-mail. Is there any way to recover messages that were deleted from both the Inbox and the Deleted Items folder?

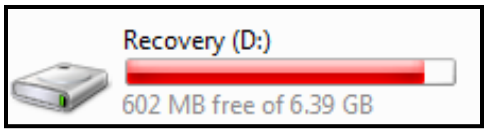
Answer: My previous answers to this question have always been in the negative. But I have learned that there is a possibility. Try the instructions here: http://tinyurl.com/2sbfal

Question: I have a Windows Vista Home Premium computer that I bought and you set up for me in May of 2007. It has never been connected to the Internet. So there are no updates, no viruses, no garbage. The only applications that I run, is for my Epson Stylus Photo R4800 printer and an Epson Perfection V750-M Pro Scanner, and Photoshop CS3. My routine is limited to scanning my 35mm or 6cm X 6cm slides, and organize in folders. I occasionally print some large images when I am preparing for a show. By now you are wondering what my problem is. The folder and file names are not visible. When I hover over an image the name appears, and I can rename it, but then it is gone again. Any thoughts on this?

Answer: The person that asked this question is my brother. He lives in Oregon. I hadn't the foggiest idea what the solution might be. So I posted the problem on the Microsoft Windows Vista Newsgroup, and had an answer in 23 minutes. Can you believe, it's an option! The names were restored by choosing **View** from the dialog box that appears when you right-click on the folder background. Then uncheck **Hide File Names.** Life is good! However, my question is, how in the world does someone do the right-click and check that option and not know it? The results are immediately obvious.



Question: I can't seem to see the contents of files in the D:Recovery disk on my new Windows Vista Computer. When I attempt to save a file to the free space on the D:Recovery disk the save reverts to the C: disk. What am I doing wrong?



Answer: The "disk" is not a separate hard disk, but a partition of the C: disk. You appear to have erroneously equated "recovery" with backup. The contents of that partition is there for you to "burn" to CDs (16) or DVDs (3).

When you use Windows Vista's back up program, that is not the "disk" to place the backup files. Use an external hard drive. Happiness is a recent backup.

At some date in the future your hard drive will fail, and the CDs or DVDs will be

(Continued on page 8)

Questions and Answers — A Monthly Feature, cont.

(Continued from page 7)

used to restore your computer's software to the original factory condition. Keep your mouse pointer away from it! It is not to be played with.

Use the Recovery Disc Creator to create the disks. The Recovery Disc Creator allows only one complete set of disks to be created, so store these carefully for when you might need them. These disks are required to reinstall the operating system and any factory-installed programs, if there is ever a problem with your hard disk drive.

To figure out how to create the disks, go to **Help and Support (F1 key)**. Search for "create recovery discs" (without the quotes), then click on **Create recovery discs** (about the second item in the list returned). Then click on **Here's how** click on **Click here to launch the Recovery Disc Center** and follow the instructions on the screen. Be sure to have an adequate supply of blank discs; CDs (16) or DVDs (3).

After you have created your own set of disks, you do not have to order, buy and wait for a set to be delivered by the manufacturer.

Did you ever wonder why you didn't find any disks in the package when it arrived? Of course you didn't! Because the manufacturer knew that folks didn't save them, and that they could place the necessary information on your hard disk for easy recovery—not to mention that they could save a few cents with each unit shipped. I believe that it now costs over $30 to have the manufacturer send replacement disks.

Question: My computer has a program called LimeWire on it. I haven't used it, but am wondering if I should uninstall it?

Answer: LimeWire is a file sharing program. Millions of computer users share files online.

If you are going to use it, set up your file-sharing software very, very carefully. If you don't check for the proper settings when you install the software, you may open access to all information on your hard drive, like your e-mail messages, medical records, tax returns and other personal documents. Since someone else installed LimeWire, you have no idea of the settings. It is running every time you start your computer as the default behavior is to launch LimeWire when the computer is started. I suggest that you uninstall it. If you ever want to use it, it is free and can be downloaded here: http://www.limewire.com/

Question: I have heard that Windows Vista Service Pack 1 is available. I have waited for this for a long time. Should I go to the Microsoft Web site and download it?

Answer: It is best to wait for Vista's Automatic update to download and install it. Automatic update will help ensure that all prerequisite updates have been installed.

Your Club's House Call volunteers and Microsoft asks that you read these articles prior to downloading the update:

"Things to know before you download Windows Vista SP1" http://tinyurl.com/35oynn

"Learn how to install Windows Vista Service Pack 1" http://tinyurl.com/2rvqk5

Support is available by e-mail, : "Windows Vista Service Pack 1 (All Languages)

Unlimited installation and compatibility support is available at no charge until March 18, 2009." http://tinyurl.com/2hlmzv

Binary Floodgates on the Internet Backwaters

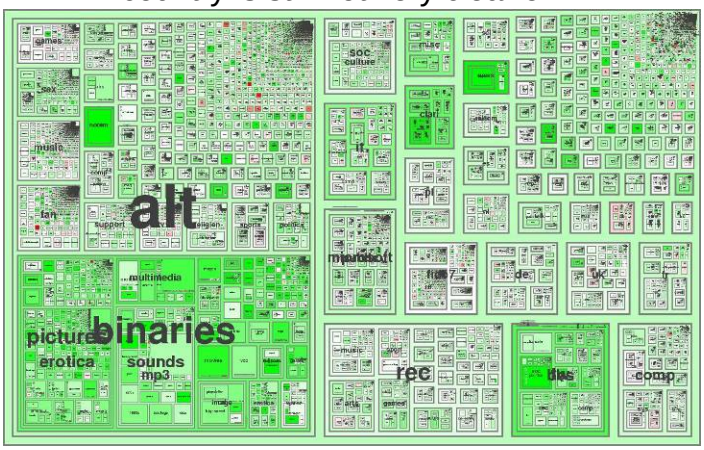
By Mike Moore

Newsletter Editor, Bowling Green Area Microcomputer Users Group, Kentucky http://www.bgamug.org/ ml.moore(at)insightbb.com Obtained from APCUG with the author's permission for publication by APCUG member groups.

Back in the days before the World Wide Web, when computers connected directly to each other over telephone lines, we had a piece of software called a Bulletin Board System or BBS. BGAMUG operated a BBS from about 1989 through 2001 and aside from being responsible for the marriage of at least one member we know about, we amassed a collection of files that totaled, at last count, some 45 gigabytes in size, which was pretty impressive when you consider that there was not one among them that was copyrighted and marked as non-distributable material. Unlike many "boards" of the day, BGAMUG took special pains to make sure that the material we funneled through our member's modems was all above board and free of distribution issues.

So-called pirate BBSs, where copyrighted software was swapped like recipes at a county fair, were not illegal to visit, but there were a few high profile cases with big fines involved and even jail time for the pirate system operators. For the most part, though, our legal system didn't seem to be effective in prosecuting even the most flagrant cases, and the most that a copyright holder could hope for seemed to be a civil remedy by bringing suit.

Now the stakes have certainly been raised in terms of the volume of material swapped, and the material that is swapped today seems to be music more often than the latest PC game, but the copyright system in this country is still not very clear on the issue of sharing binary information. What is evident is that it's the user's responsibility to determine whether or not a given body of information has a copyright assigned to another individual, and also to figure out how much of it can be used (viewed, listened to, stored, forwarded, sold, whatever) and still fall under the "fair use" doctrine.



Instead of this turning into a dissertation on copyright law, I will instead offer the foregoing as simply a caution. Please do not download copyright material and don't use it unless you have clear permission or fair use rights. And please don't take any of the following as a cookbook for copyright subversion because it's not meant that way.

Having got that *caveat* out of the way, let's go somewhere where the World Wide Web doesn't go – USENET! [Pronounced YOOZ net].

Usenet is the bulletin board of the internet, and like a real bulletin board, its information is emblazoned on the internet like a ten foot high plasma billboard on Times Square in New York City. Usenet was conceived by a pair of graduate students, John Ellis and Tom Truscott at Duke University in 1979. Now lurid and lawless, Usenet has been given the unseemly reputation of being the Las Vegas of the internet because of the terabytes of binary pictures posted minute by minute in an unending stream of first-amendment fodder.

And we can find some dandy files on Usenet. Clip art, genealogical records, MIDI music and classical music, sound libraries, electronic books, recipes, quilting patterns, maps, GPS info, high quality desktop wallpaper,

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Binary Floodgates on the Internet Backwaters, cont.

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icons, and almost anything you can think of. This material is not usually found on the World Wide Web for several reasons, but primarily because people that put up web sites generally want to sell you something, and you can't very well sell what is found on Usenet because it is sometimes difficult to find out if it's under copyright or not. You can usually find someone to charge you for a collection of postage stamp images (for example) on the web, when in fact the sellers of the collection most likely just downloaded it from Usenet in the first place (probably in violation of a copyright or two!)

Usenet is and always was just text messages posted on internet machines known as news servers. Old timers still refer to Usenet as "net news" even though most of the posts have nothing to do with news. News servers use a protocol known as NNTP to transmit new messages on to other news servers down the pipe. The effect is that a new message posted to an NNTP server gets copied again and again over the course of hours or days until all of the news servers of the world have the message or file in their database. This copying occurs a little like e-mail, except that there is no way to make a post private. In fact, there is no way to address a Usenet posting to anyone but "ALL." Usenet bears another resemblance to e-mail, and that is there is a LOT of spam (or pointless messages, ads and porn). But if you know where to look, or just exercise some very patient trial and error, you can find some great repositories of information. If you are looking for *one specific file* though, you had better be really lucky! Trolling for files on Usenet is a bit like fishing on a commercial fishing boat: you're going to pull up just about everything that gets caught in your net!

"...dandy files on Usenet. Clip art, genealogical records, MIDI music and classical music, sound libraries, electronic books, recipes, quilting patterns, maps, GPS info, high quality desktop wallpaper...."

Even though it's text based, binary files (images or programs, for example) can be uploaded and downloaded to Usenet with ease, thanks to some very clever programming that allows seamless conversion from text to binary and back again. The difference between text and binary is not that important – just think of text as messages you can read, and binary as graphics, video, audio or program files.

Messages are organized by topic into a system with the following "top level" names:

Comp [computers]
Misc [miscellany]
News [internet news, such as new groups or new policies about usenet]
Rec [recreation]
Sci [science]
Soc [social and behavior, religion, philosophy]
Talk [just that, talk, mostly of the flapping jaw variety!]

Subgroups are separated by periods – for example, rec.sports.tennis, and this fully formed topic name is called a **newsgroup.** Unfortunately, the process for creating new newsgroups is not overseen very well, and over the years the list of newsgroups available has be-

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Binary Floodgates on the Internet Backwaters, cont.

(Continued from page 10)

come truly massive and quite often inane, vulgar or pointless. There is also not a good standard convention for naming newsgroups, and thus we have many more "top level" domains that I'd really rather not see.

The top-level newsgroups can be considered the backbone of Usenet and, with the exception of the advertisements and some dramatic grandstanding in some of these groups, they can be fairly informative. In particular, Usenet news is a good place to obtain an anecdotal history for just about any given industry, profession, product or technology.

But now comes the red-headed stepchild of Usenet: **alt.**

ALT is a top level newsgroup hierarchy that was created to dump whatever didn't fit in the other, more official newsgroups.

The alt groups carry most of the message traffic on Usenet, and as the tag implies, this is where the alternative thinking comes out in the Usenet crowd! The alt.binaries newsgroups collectively carry thousands of gigabytes of information across the internet daily. And where do you complain if someone posts something objectionable? You don't. There's no help desk and no complaint center. Usenet runs itself, as there is no news server that has any special authority over any other server. US courts have consistently held that the ISP that houses this information Is no more responsible for its content than the owner of your local news stand would be responsible for the content of the magazines he or she sells.

"...Usenet is and always was just text messages posted on internet machines known as news servers...."

Most of the files on Usenet are found in the alt.binaries section of newsgroups, and it is from these newsgroups that your news reader software (see below) will automatically process the messages into finished files that are ready to view, listen to or execute on your computer.

This seems like a good time to point out that executing any file obtained from an untrusted source really has to be scanned by a good, up-to-date viral scanner **before you execute it.** The safest policy is to just not run these files unless you do so on a computer on which you won't lose any sleep over, should it become infected. However, it is difficult to obtain an infection from a document or audiovisual file, so these are probably safe to read or listen to.

You will find some groups on Usenet that end with '.d ,' which stands for "discussion." So for example, we have the alt.binaries.sounds.midi newsgroup, which contains actual MIDI files (Musical Instrument Digital Interface files), whereas alt.binaries.sounds.midi.d would be a group devoted to the text based *discussion* of the material found in the former newsgroup. In this context, the word *discussion* means posting information about a given topic, as opposed to real-time chat in a split-screen "chat room" environment. There is nothing real-time about Usenet because each client computer can be expected to update its Usenet database at different times, quite at random.

There *are* some groups that are **moderated**, where a real person is charged with the task of vetting everything that's posted before you actually see it. This person or group, naturally, is known as a moderator, and they are really the only thing close to an authority on Usenet. As you might expect, some moderated groups have a better track record than others in keeping out the riff-raff and spam.

There is an interesting history of

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Binary Floodgates on the Internet Backwaters, cont.

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Usenet and how newsgroups came to be named at this link: http://en.wikipedia.org/wiki/Usenet

You can receive and post Usenet articles (or binary files) by employing a ***news reader*** which is also sometimes referred to as an ***NNTP*** reader (nntp is the Network News Transfer Protocol).

If you would prefer not to have to download and install a news reader, you can skip the hassle of learning the ins and outs of a new program. Try going to http://groups.google.com in your browser, and clicking on some of the links. Google Groups is a "front end" or interface to Usenet without the news reader. However, unless things have changed since I last took a look at Google Groups, they don't support the alt.binaries newsgroups, therefore you won't find any files on Google Groups.

My favorite news reader is called XNEWS, created by a fellow named Luu Tran. There is a user manual posted on the internet at this link: http://xnews.newsguy.com/manual.html

Xnews is a free download and there is no expectation for you to pay anything to the author of this utility. You can get the program at this link: http://xnews.newsguy.com/release/xnews.zip

The program does not need to be installed, you can just unzip it to a directory somewhere on your computer and run "xnews.exe." Setting up "Xnews" is probably more easily accomplished in a workshop setting than a newsletter.

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REVIEW — Internet Security Pro by Trend Micro

By Robert Brill
Vice President, Sun City Anthem Computer Club, Nevada http://www.myscacc.org/ rwbmsb(at)cox.net

I recently received a copy of Trend Micro's Internet Security Pro Program and installed it on my computer. This a complete security program that does it all.

Below is the opening screen for the program:

Internet Security Pro
Overview
Virus & Spyware Controls
Home Network & Firewall Controls
Internet & Email Controls
Other Settings
Help & Support
Pro Services
Protected
Trend Micro Internet Security Pro has the latest security update, and all recommended features enabled.
Protection status: Good
Expiration date: Mar 15, 2009
Last update: Mar 25, 2008 (protection up to date)
Last scan: Mar 25, 2008
Security activity: Summary report for the past week
Scan Now
Check your computer for viruses and other threats.
Update Now
Download the latest protection to help keep your computer safe.

By clicking the Tabs you access the following features:

- Protection Against Viruses and Spyware

When fully activated, this feature constantly checks for viruses when you open. Save, or download files.

- Prevent Unauthorized Changes

When enabled, this feature can protect your computer from unauthorized changes made to the operating system or important programs.

- Scheduled and Custom Scans

You can set a schedule to decide when automated scans for viruses and spyware should run. A custom scan be set up to perform a scan that seeks out specific threats.

- Quarantined Files

The quarantine isolates files containing viruses and suspected spyware , You can examine the quarantined files to free harmless files and decide what to do with infected files.

- Personal Firewall

When activated, the personal firewall filters the information that your computer transmits and receives. This feature helps prevent intruders from hijacking your computer or stealing personal information.

- Wireless Home Network Monitor

This feature allows you to check your network to find uninvited guest connected to your network and then stopthem from accessing your computer.

- Manage Security of Other Computers

With this feature you can scan and update compatible security on other computers connected to your network

- Network Connection Status

This feature tells you if you are connected to the network.

- Protection Against Web Threats

When activated this feature guards against phishing, pharming, and other Web threats that could steal personal information.

- Spam e-Mail Filter

When activated, this feature remove unsolicited advertisements and other unwanted email from your inbox.

- Parental Controls

This feature provides you with the capability to block specific Web sites and predetermine categories of web sites.

- Data Theft Prevention

When activated, this feature can prevent the transmission of private information to the internet without your approval.

- Automatic Updates

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REVIEW — Internet Security Pro by Trend Micro, cont.

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When activated, this feature will automatically download mew security updates that help protect your computer from the latest threats.

- Subscription Data

With this feature you can activate, upgrade, renew, or manage your subscription to Trend Micro Internet Security Pro. The feature also tells you your serial number and date subscription expires.

- Trend Micro Data network

When activated, these features use online databases to identify and find the source of viruses and spyware.

- Security Warnings

You can adjust the program to tell you how many warnings will notify you of problems, or choose a schedule for generating security activity reports.

- Password

You can password protect Trend Micro Internet Security Pro to prevent others from making changes without your permission.

- Logs

These records keep track of security threats detected, Web site blocked, new update downloaded, and other work done by Trend Micro Internet Security Pro.

Most of the settings discussed above are turned on at installation by default. The Spam filter, Protection Against Web Threats, and the Theft Prevention radio buttons must be turned on manually. If you have a network you must turn those functions on manually.

When your spam filter is turned on you will get the following tool bar plus a Spam folder:

As with most anti spam programs you have to train it for what is spam and what is not spam. If there is an item in your IN-Box which is Spam, you click the “Block Sender” tab and it immediately sends the spam to your spam folder. If you find a non-spam item in your spam folder, you click the “Approve Sender” Tab and it sends the item to your IN-Box Trend Micro Internet Security Pro adds a toolbar to Outlook, Outlook Express and Windows Mail – it does work for Thunderbird but it doesn't add a toolbar. The Microsoft email clients also get the exclusive benefit of automatically adding addresses from your address book to an email white list.

The program works unobtrusively in the background, automatically deciding whether or not a pattern of behaviour is suspicious. Its malware detection credentials remain high - Trend Micro Internet Security Pro has a Virus Bulletin's VB100 award and is certified by both ICSA Labs and by West Coast Labs for virus detection and virus removal.

This program is a significant improvement over the previous version because of its greatly enhanced functionality.

This program won’t install if there are over 200 similar programs installed, such as antispyware, firewall programs installed. During installation it required my removing QURB, an antispyware program I had installed.

A word of caution, if you have an older Trend Micro internet security program installed. You must uninstall it prior to installing the new version.

The negative to this program is that it slows your boot very noticeably while it loads, and if while it is loading you click on your e-mail the spam filter does not load.

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Benefits of Using a Computer Sandbox

By Gene Barlow
User Group Relations, Copyrighted January 2008

A computer Sandbox is newer technology that is not very well known, but, it can be quite useful in many situations. By using a Sandbox utility, you can place your computer in a protected state where you can try some rather risky things on your computer and not have your computer damaged in the trials. Once you place your computer into Sandbox mode, you can safely run anything on your computer, knowing that all changes to your hard drive will not be permanently made to your computer. While in Sandbox mode, your computer runs as if all changes to the hard drive were actually made to your system. But, at the end of using the Sandbox, you can throw away these changes, putting your computer back exactly the way it was before entering the Sandbox.

Let's take a look at some real life situations to better understand the benefits of using a Sandbox utility.

Installing New Software

Everyone knows that when you install a new software product on your computer, parts of the product are placed all over your computer's hard drive. Entries are made to the Windows Registry, special supporting files are place in certain directories of the operating system, and other shortcut and setting files are scattered in various places on your hard drive. These are in addition to the main folder that is installed on your hard drive with the software programs. Most software will uninstall easily, but often pieces of the product are left behind on your hard drive. These leftover pieces of orphaned software can build up and slow down your computer. Some software products include hidden viruses or other bad programs as you install them. The end result is that installing new software on your computer can be a risky thing to do.

"...It also keeps your hard drive safe from damage caused by others using your computer…"

Using a Sandbox to install and test new software is a much better approach. With a Sandbox, you put your computer in Sandbox mode before you downloaded and installed the new software. Since the Sandbox lets you use the newly installed software just as if it had been permanently installed on your computer, you can run the new software to try it out and see if you like it. You can also run virus utilities to see if the installation gave you a virus you were not expecting. If you find viruses on your computer or just decide you do not like the newly installed software, you can get out of the Sandbox and throw away all traces of that software product and any hidden virus that came with it.

Letting Others Use Your Computer

Another reason to use a Sandbox is to let others use your computer. Other users may change your computer to match the way they like

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Benefits of Using a Computer Sandbox, cont.

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to use computers. For example, many of us have grandkids that come to visit and want to play on our computer. They may download games they like, change your wallpaper and default font sizes. They may pick up viruses in the process of getting your computer changed to their needs. When they leave, your computer no longer is the same as it was before they arrived. It may take you days to get it working again like you want it to. With a Sandbox, you can place the computer in Sandbox mode before they arrive and then let them play on your computer to their hearts content. When they leave, you simply exit the Sandbox and throw away all changes that they made to your computer. It is instantly back the way it was before they started to use it.

Computer Labs and Classrooms

User groups that have computer labs or classrooms have a similar situation. The classroom computers are setup carefully by the instructors before the class begins. Once the students have used the computer throughout the day, the computers are different and modified from what they were in the beginning of the day. This may cause problems for the students that follow them, so the instructors will often restore the computer's hard drives to put them back to normal. With a Sandbox, this long restore process is not needed. Instead, put the computers in Sandbox mode at the beginning of the day before the students arrive. Then at the end of the day, exit the Sandbox and throw away all hard drive changes made by the students. The computers are quickly returned to their normal state as you exit the Sandbox.

"...With a Sandbox, you put your computer in Sandbox mode before you downloaded and installed the new software...."

Browsing the Internet

Much of the Spyware that you pick up on your computer comes from simply browsing the internet. Some web sites are designed so that simply passing your cursor over a part of the screen is enough to activate a download of Spyware to your computer. Not only that, but your privacy is at risk when you browse the Internet. Windows automatically saves all of the places you browse to and all of the screens you see on the Internet. Browsing the Internet in a Sandbox is a much better approach. Place your computer in Sandbox mode before you start to browse the internet. Then browse all of the sites you want to. When you are done browsing the internet, exit out of the Sandbox and throw away all Spyware and traces of web sites you may have visited.

We offer three excellent Sandbox products that you may want to use on your computer. Let's look at each of these briefly to help you decide which one would best meet your needs.

StorageCraft ShadowSurfer

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Benefits of Using a Computer Sandbox, cont.

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The smallest and least expensive Sandbox we offer is ShadowSurfer by StorageCraft Software. This product is the quickest product to install and the easiest product to use of all of our Sandbox products. With ShadowSurfer, all changes to your hard drive are always thrown away when you exit the Sandbox, which is what you want in most cases anyway. This excellent product runs on Win2000 and WinXP systems and is available from us at the discount price of just $20. This is an excellent beginning Sandbox product for most home users.

Acronis True Image 11 Home Try&Decide

The next step up in ability and price is a feature that Acronis has added to their new True Image 11 Home backup utility. This feature is called Try&Decide and it is a Sandbox feature built into this award winning backup utility. Try&Decide requires that you create and use the Acronis SecureZone on your hard drive to contain the temporary changes to your hard drive. When you exit the Sandbox with this product, you can choose to keep all changes to your hard drive or throw them all away. This excellent product runs on Win2000, WinXP, and WinVista operating systems and is available from us at the discount price of just $29 for a download or $33 on a CD. This is a very good Sandbox feature that comes with an outstanding backup utility.

"...With this product, you can password protect the controls of the Sandbox, so that nobody can disable the Sandbox unless they know the password...."

StorageCraft ShadowUser Pro

The most advanced Sandbox utility we offer is ShadowUser Pro by StorageCraft Software. This is a professional-level Sandbox product that has many options and features to it. With this product, you can password protect the controls of the Sandbox, so that nobody can disable the Sandbox unless they know the password. Perhaps the biggest differences between this product and the other two Sandbox products is that you can pick and choose what files to throw away and what files to keep as you exit the Sandbox. This top of the line Sandbox product runs on Win2000 and WinXP operating systems and is available from us at the discount price of $47. This is the product you should use if you are running a public computer workstation that needs tight controls.

A Sandbox offers you a new way to protect your computer from damage from the software you install or access on the internet. It also keeps your hard drive safe from damage caused by others using your computer. The selection of Sandbox products we offer lets you pick and choose which one is right for your needs. To order your Sandbox product, go to www.ugr.com and find the Sandbox product

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Benefits of Using a Computer Sandbox, cont.

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you are interested in. Then click on the Buy Now button on that product page to place your order using our secure web shopping cart. As you complete your order indicate the order code of UGNL0108 to qualify for these excellent discount prices. If you have questions about this new technology or about any of these products send an email to gene@ugr.com and I will try to help you.

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REVIEW — Internet Security Pro by Trend Micro, cont.

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I found the anti-spyware filter misses some spyware when I ran Ad-Aware which found 5 pieces of spyware it missed.

I really like the program and highly recommend the program.

This program costs $69.95, however watch the Fry's Electronics ads they frequently offer internet security programs free via a rebate (you pay the tax.)